



2025 Ohio River Challenge, December 12-13-14

Held under USA Swimming and Kentucky Swimming - Sanction KYSC26-LAK03

SITE Mary T. Meagher Aquatic Center located at 201 Reservoir Ave, Louisville KY 40206.

POOL The facilities consist of an 11 lane, 25-yard indoor competition pool ranging in depth from 5 to 12 feet. Eleven lanes will be used for competition. The competition course has 8-foot wide lanes marked by continuous lane lines and Paragon starting blocks. An additional 11 lane 25 meter indoor pool is available for continuous warm-up / warm-down. The competition course is certified in accordance with current USA Swimming Rules and Regulations, Article 104.2.2C(4).

SAFETY: Facility has lifeguards on duty and AED on deck.

RULES:

- Current USA Swimming and Kentucky Swimming rules will govern this meet.
- At a sanctioned competitive event, all USA Swimming athletes must be under the supervision of a USA Swimming member coach. The Meet Director or Meet Referee may assist the swimmer in making arrangements for such supervision, but it is the swimmer's responsibility to make such arrangements prior to the start of the meet. Arrangements for coach supervision must be made in advance of the meet.
- Any swimmer entered in the meet must be certified by a USA Swimming member-coach as being proficient in performing a racing start or must start each race from within the water without the use of the backstroke ledge. When unaccompanied by a member-coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.
- The use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.
- Use of cameras, cell phones or any other recording device is not permitted immediately behind the starting blocks at either end of the racing course(s) during race starts, competition and warm-ups.
- Deck changing is prohibited. Per USA Swimming Code of Conduct 304.3.7, persons violating this provision are subject to ejection from the facility.
- Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present. Exceptions may be granted with prior written approval by the Vice President of Program Operations.
- Flash photography is not permitted at the start of any race.
- All applicable adults participating in or associated with this meet acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy (MAAPP) and that they understand that compliance with the MAAPP policy is a condition of participation in the conduct of this competition.

SAFE SPORT 360:

- The USA Swimming Safe Sport program is USA Swimming's comprehensive abuse prevention program dedicated to creating a healthy and positive environment free from abuse for all its members. Components of the program include, but are not limited to, providing education and training, enforcing policies (such as the Minor Athlete Abuse Prevention Policy), rules and best practice guidelines, promoting healthy boundaries and mandatory reporting of violations.
- The Minor Athlete Abuse Prevention Policy (MAAPP) prohibits Applicable Adults (as defined) from having one-on-one interactions with minor athletes which are not within an observable and interruptible distance from



2025 Ohio River Challenge, December 12-13-14

another adult. Applicable Adults are required to abide by this policy in full during this meet.

- Pursuant to USA Swimming Rules and Regulations and federal law, it is every member's responsibility to immediately (i.e., within 24 hours) report any incident of child abuse, including physical or sexual abuse, to law enforcement and the U.S. Center for SafeSport. Reporting must occur when an individual has firsthand knowledge of misconduct or where specific and credible information has been received from a victim or knowledgeable third party. A report to the U.S. Center for SafeSport may be made via telephone at 720-531-0340 or online at www.uscenterforsafesport.org/report-a-concern. Various state laws may also require reporting to law enforcement or to a designated child protection agency.
- All athletes aged 18 and older must complete Athlete Protection Training in order to be a USA Swimming registered member in good standing. Any athlete who turns 18 on or after the first day of the start of competition, who has not completed Athlete Protection Training by the first day of competition, will be prohibited from participating in the competition until such time as all membership requirements are completed. Times achieved by an athlete who turns age 18 on or after the first day of competition, who competes in this USA Swimming sanctioned event without completing this membership requirement, will NOT count for qualification or recognition. This includes participation as a member of a relay.
- All participants and competitors shall follow the US Center for SafeSport rules for bullying found on USA Swimming and Kentucky Swimming sites. A violation will be grounds for removal of member from the facility.

WAIVER AND RELEASE:

- By entering this meet, you are granting permission for the names of any or all your team's swimmers to be published in the form of Psych Sheets, Meet Results, or any other documents associated with the running of this meet.
- All participants agree to be filmed and photographed by the host club approved photographer(s) and videographers and to allow the right to use names and pictures before, during, or after the meet such as in public psych sheets, heat sheets, and results or featured on the host club website or social media or in public broadcast of the event via television or webcast. Parents and guardians of minor swimmers who do not wish their swimmers to participate in interviews or have individual pictures featured on any media should inform their team's head coach and the Meet Director prior to the meet.

FORMAT

Friday night will be a Timed Finals session, all 10-under events are timed finals and all Saturday and Sunday events for 11-12 or 13-over will be Prelims and Finals. Events of 200 yards or less will be pre-seeded. All relays will be run during prelims at the end of the session.

Any event 400 yards or longer will be deck seeded. These events may be limited to a maximum of four (4) heats per event. At the discretion of the Meet Referee and Meet Director, additional heats in all or one age group may be added to offset a lack of entries in another age group or if time permits.

The meet host reserves the right to adjust sessions and event order if needed for meet management purposes.



2025 Ohio River Challenge, December 12-13-14

ELIGIBILITY

Swimmers must be current athlete members of USA Swimming as provided in Article 302 or as provided under 202.6 or USA Swimming "open border" policy. Age is as of the first day of the meet, December 12, 2025. Coaches must be current coach members of USA Swimming and must wear credentials during the meet. Any swimmer entered in the meet must be certified by a USA Swimming member-coach as being proficient in performing a racing start or must start each race from within the water. When unaccompanied by a member-coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement. No entrant will be permitted to compete unless the entrant is a member as provided in Article 302. Held under the sanction of USA Swimming. No on-deck registrations will be allowed.

Swimmer with Disability Form – [link here](#)

WARM-UP STARTING TIMES

When all entries have been received a timeline will be run and warm-up times may be adjusted. Teams will be notified by e-mail ASAP of any changes.

Warm-up session lane assignments will be provided on the pool deck.

Format and session breakdown to be announced after all entries submitted.

FRIDAY AFTERNOON SESSION:

Warm-ups: 4:30p.m. Meet starts: 5:30 p.m.

SATURDAY MORNING PRELIM SESSION:

Warm-ups: 7:00 a.m. Meet starts: 8:00 a.m.

SATURDAY AFTERNOON PRELIM SESSION:

Warm-ups: approximately 30 minutes after end of morning session

Meet starts: Approx. 90 minutes after end of morning session

*SATURDAY NIGHT FINAL SESSION:

Warm-ups: 4:30 p.m. Meet starts 5:30 p.m.

SUNDAY MORNING PRELIM SESSION:

Warm-ups: 7:00 a.m. Meet starts 8:00 a.m.

SUNDAY AFTERNOON PRELIM SESSION:

Warm-ups: approximately 30 minutes after end of morning session

Meet starts: Approx. 90 minutes after end of morning session

*SUNDAY NIGHT FINAL SESSION:

Warm-ups: 4:00 p.m. Meet starts 5:00 p.m.

*Finals start and warm-up times finalized after entries submitted and timelines finalized

AWARDS

Every heat winner will have their name placed into the "winners" pool and at the end of each prelim & timed final session – no awards for finals. Male and female names will be drawn and awarded a special award, sponsored by Speedo. Awards will not be mailed.

UNSUPERVISED SWIMMERS

USA Swimming athlete members must be under the supervision of a USA Swimming member coach during warm-up, competition, and warm-down. Swimmers participating under the provisions of 202.6 or USA Swimming's "open border" policy must be under the supervision of their coach or a USA Swimming member coach. Coaches



2025 Ohio River Challenge, December 12-13-14

who are entering swimmers but will not be at the meet should arrange ahead of time for another coach to supervise their athletes. Swimmers unaccompanied by their coaches or for whom arrangements have not been made must contact the Meet Director or Meet Referee who will assist the athlete in finding coach supervision.

ENTRY LIMITATION

10-underers may compete in no more than four (4) individual events and one (1) relay per day. 11-12 and 13-over swimmers may compete in no more than three (3) individual events and one (1) relay per day. The meet host reserves the right to reduce this limit for meet management purposes if needed.

ENTRY FEES

\$7.50 entry per individual event

\$12.00 per relay event

\$15.00 per swimmer Facility Fee

\$2.50 per swimmer KYLSC Fee

CHECK-IN PROCEDURE

Swimmers are required to check in behind the head table for events 400 yards and longer, 45 minutes before the beginning of the session in which the event is to be swum. No other events need to be checked in. Failure to show for a positively checked-in event will result in the swimmer being removed from their next individual event.

DECK ENTRIES

Deck entries will be accepted at the discretion of the Meet Director and Meet Referee. Only events with open lanes will be filled. NO heats will be added. Deck entries will cost \$10.00 per event.

SWIMMERS WITH A DISABILITY:

Lakeside Swim Team welcomes swimmers with a disability. Entry Procedures:

1. Enter the USA-S swimmers with a disability electronically
2. With your entries, submit the SWAD Coaches and Meet Referee Communication Form (form is on page 9 of this document).

Preferred seeding is in the swimmer's age group entered event at the same distance with their equivalent non-conforming time to ensure seeding in the initial heats.

SCRATCH PROCEDURE

Report scratches to the Clerk of Course. There will not be a penalty for no-shows, but the event will count as an event swum.

Scratching from Consolation Finals and Championship Finals

1. Any swimmer qualifying for a consolation final or a championship final race in an individual event who fails to compete in said consolation final or championship final race shall be disqualified from their next scheduled event. If the swimmer has no scheduled events remaining, a \$25 fine will be assessed. (Referee discretion exception for failure to compete)
2. In the event of withdrawal or barring of a swimmer from competition, the Referee shall fill the consolation final or championship final when possible with the next qualified swimmer(s). First and second alternates shall be announced along with the final qualifiers. These alternates shall not be penalized if



2025 Ohio River Challenge, December 12-13-14

unavailable to compete in the finals.

There are no refunds for scratched or missed events

ENTRY DEADLINE

The entry deadline is Monday, December 1, 2025, with changes or corrections accepted through Monday, December 8, 2025. Please submit electronic entries by E-mail to deboor@lakesideseahawks.org

NOTE: The sooner we can have team's entries the sooner we can plan and determine sessions, so we ask that if possible we get entries Monday, November 24 to begin setting up the sessions.

ONLY ENTRIES MAILED WITH A CHECK AND THE RELEASE FORM WILL BE ACCEPTED.

Please make checks payable and mail to:

Lakeside Swim Team, 1928 Woodbourne Ave., Louisville, KY 40205

If you have any questions or want additional information, please call the Swim Team office at (502)451-4333.

COACHES MEETING

If a coaches meeting is deemed necessary, the Meet Director or Meet Referee will provide information regarding time and location. All coaches, on arrival for each session, must show his/her USA coach's Card for admittance and in order to receive the team's coach packet. Any swimmer attending the meet without a coach should report to the Meet Referee to be assigned a coach for warm-up.

SPECTATORS

Spectator admission will be free, with heat sheets provided free electronically.

OFFICIALS

The Lakeside Swim Team welcomes the assistance of any visiting parent who would like to serve as an official or timer. Please contact the Meet Referee or Kentucky Swimming

MEET DIRECTOR:

Dena Braeger
lksmeetmanager@gmail.com

MEET REFEREE:

Travis Hammond
officials@lakesideseahawks.org

ENTRY CHAIR:

Mike DeBoor
deboor@lakesideseahawks.org



2025 Ohio River Challenge, December 12-13-14

ORDER OF EVENTS - If entries DO NOT allow for combined sessions – this is how the current meet entry file is set up

The meet host reserves the right to adjust sessions and event order if needed for meet management purposes.

GIRLS	EVENT	BOYS		GIRLS	EVENT	BOYS
EVENT #	Friday-PM	EVENT#		EVENT #	Sunday AM	EVENT#
1	11-12 200 IM	2		47	Open 200 BR	48
3	**13-Over 400 IM	4		49	11-12 50 BR	50
5	**11-12 500 FR	6		51	13-over 100 BK	52
7	**13-Over 500 FR	8		53	11-12 100 BK	54
				55	13-Over 100 FR	56
	Saturday AM			57	11-12 100 FR	58
9	11-12 50 BK	10		59	13-over 100 FL	60
11	Open 200 BK	12		61	11-12 100 FL	62
13	11-12 100 BR	14		63	13-over 200 IM	64
15	13-Over 100 BR	16		65	***1650 FR	66
17	11-12 50 FR	18		67	*11-12 200 F.R.	68
19	13-Over 50 FR	20		69	*13-Over 200 F.R.	70
21	11-12 50 Fly	22				
23	Open 200 FL	24			Sunday PM	
25	11-12 200 FR	26		71	10-under 100 FR	72
27	13-Over 200 FR	28		73	10-under 100 BK	74
29	*11-12 200 M.R.	30		75	10-under 100 BR	76
31	*13-Over 200 M.R.	32		77	10-under 100 FL	78
				79	10-under 200 IM	80
	Saturday PM			81	10-under 200 F.R.	82
33	10-under 100 IM	34				
35	10-under 50 Free	36				
37	10-under 50 BK	38				
39	10-under 50 BR	40				
41	10-under 50 FL	42				
43	10-under 200 FR	44				
45	10-under 200 M.R.	46				

*These events will be Timed Finals swum at the end of the morning sessions.

**These events will be limited to a maximum of 4 heats per event. At the discretion of the Meet Referee and the Meet Director, additional heats in all or one age group may be added to offset a lack of entries in another age group or if time permits.

*** These events will be swum fastest to slowest, alternating women than men after the relays.



2025 Ohio River Challenge, December 12-13-14

ORDER OF EVENTS – If entry numbers allow for combined session.

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17	11-12 100 BR	18		67	13-over 100 FL	68
19	13-Over 100 BR	20		69	11-12 100 FL	70
21	10-under 50 BK	22		71	10-under 200 IM	72
23	11-12 50 FR	24		73	13-over 200 IM	74
25	13-Over 50 FR	26		75	10-under 200 F.R.	76
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2025 Ohio River Challenge, December 12-13-14

WAIVER: In consideration of the acceptance of this entry, I/we hereby, for myself/ourselves, my/our heirs, administrators, assignees, and swimmers waive and release any and all claims against United States Swimming (USAS), the Kentucky Local Swim Committee of USAS, the Lakeside Swim Team and their staff, for injuries and/or expense incurred by me/us at the meet or while on the road to and from the meet.

In granting this approval it is understood and agreed that USA Swimming shall be free and held harmless from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.

SIGNATURE _____ POSITION _____

ENTRY PERSON _____

E-MAIL _____

TEAM _____ TEAM CODE _____

TEAM ADDRESS _____

CITY _____ STATE _____ ZIP _____

PHONE _____ FAX _____

RECAP OF ENTRIES:

_____ Individual Events x \$7.50 each = \$ _____

_____ Relay Events x \$12.00 = \$ _____

_____ Swimmers Facility Fee & KYLSC x \$17.50 each = \$ _____

TOTAL DUE = \$ _____

Make checks payable to Lakeside Swim Team, and mail to:

Lakeside Swim Team
1928 Woodbourne Ave
Louisville, Kentucky 40205